

| <b>ENGLAND CHAMPIONSHIPS 2023</b><br><b>Schedule</b><br><b>FRIDAY 8 DECEMBER 2023</b><br><b>Red Platform</b> |  |            |
|--|--|------------|
|  |  |            |
| Weigh in: 12:15<br>Start: 14:15<br>Finish: 15:15   | <b>MEN 61KG A GROUP</b>                      | 5 Lifters  |
| Weigh in: 13:30<br>Start: 15:30<br>Finish: 16:40   | <b>WOMEN 49KG<br/>A GROUP</b>                | 7 Lifters  |
| Weigh in: 14:55<br>Start: 16:55<br>Finish: 18:55   | <b>MEN 67KG A GROUP<br/>MEN 73KG A GROUP</b> | 12 Lifters |
|  |  |            |
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| <b>ENGLAND CHAMPIONSHIPS 2023</b><br><b>Schedule</b><br><b>FRIDAY 8 DECEMBER 2023</b><br><b>Blue Platform</b> |  |            |
|---|--|------------|
|   |  |            |
| Weigh in: 13:00<br>Start: 15:00<br>Finish: 16:30  | <b>MEN 67KG<br/>B GROUP<br/>MEN 73G<br/>B GROUP</b>      | 9 Lifters  |
| Weigh in: 14:45<br>Start: 16:45<br>Finish: 18:55  | <b>WOMEN 55KG<br/>B GROUP<br/>WOMEN 59KG<br/>B GROUP</b> | 13 Lifters |
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| <b>ENGLAND CHAMPIONSHIPS 2023</b><br><b>Schedule</b><br><b>SATURDAY 9 DECEMBER 2023</b><br><b>Red Platform</b> |  |            |
|--|--|------------|
| Weigh in: 08:00<br>Start: 10:00<br>Finish: 12:00   | WOMEN 55KG<br>A GROUP<br>WOMEN 59KG<br>A GROUP | 12 Lifters |
| Weigh in: 10:15<br>Start: 12:15<br>Finish: 14:15   | MEN 81KG A GROUP<br>MEN 89KG A GROUP           | 12 Lifters |
| Weigh in: 12:30<br>Start: 14:30<br>Finish: 16:30   | WOMEN 64KG<br>A GROUP<br>WOMEN 71KG<br>A GROUP | 12 Lifters |
| Weigh in:<br>Start: 18:00<br>Finish: 19:00   | Para Powerlifting<br>WOMEN                     | 10 Lifters |
| Weigh in:<br>Start: 19:15<br>Finish: 20:15   | Para Powerlifting<br>MEN                       | 10 Lifters |
|  |  |            |

| <b>ENGLAND CHAMPIONSHIPS 2023</b><br><b>Schedule</b><br><b>SATURDAY 9 DECEMBER 2023</b><br><b>Blue Platform</b> |  |            |
|---|--|------------|
| Weigh in: 07:30<br>Start: 09:30<br>Finish: 11:30  | MEN 81KG<br>B GROUP<br>MEN 89KG<br>B GROUP     | 12 Lifters |
| Weigh in: 09:45<br>Start: 11:45<br>Finish: 14:05  | WOMEN 64KG<br>B GROUP<br>WOMEN 71KG<br>B GROUP | 14 Lifters |
| Weigh in: 12:20<br>Start: 14:20<br>Finish: 15:50  | MEN 96KG<br>B GROUP<br>MEN 102 KG<br>B GROUP   | 9 Lifters  |
|   |  |            |
|   |  |            |

**ENGLAND CHAMPIONSHIPS 2023**

**Schedule**

**SUNDAY 10 DECEMBER 2023**

**Red Platform**

|  |   |            |
|--|---|------------|
|  |   |            |
| Weigh in: 07:30<br>Start: 09:30<br>Finish: 11:30 | MEN 96KG A GROUP<br>MEN 102KG A GROUP                           | 12 Lifters |
| Weigh in: 09:45<br>Start: 11:45<br>Finish: 13:25 | WOMEN 76KG<br>A GROUP   | 10 Lifters |
| Weigh in: 11:40<br>Start: 13:40<br>Finish: 15:40 | MEN 109KG A GROUP<br>MEN +109KG<br>A GROUP                      | 12 Lifters |
| Weigh in: 13:55<br>Start: 15:55<br>Finish: 17:45 | WOMEN 81KG<br>A GROUP<br>87KG A GROUP<br>WOMEN 87+KG<br>A GROUP | 11 Lifters |
|  |   |            |